

Avila Examiner

Volume 15, No. 10

Avila College, Kansas City, MO

April 5, 1990

Introducing: The Board of Trustees

By Lisa Levine

The Board of Trustees are those people who have the power, authority and responsibility for the conduct and management of Avila College. This is subject to the provisions of law and the Charter of the College. The Board cannot consist of fewer than fourteen and no more than twenty members. However, the number of Sisters of St. Joseph of Carondelet on the Board of Trustees must be more than one-third of the total membership. One Sister must be a member of the Board of Saint Louis Province Corporation of the Sisters of Saint Joseph of Carondelet. Trustees may be elected for a maximum of three, three-year, consecutive terms, or for a total of nine years.

Dr. Larry Kramer, President of Avila College, has the authority to choose the staff and to make such appointments of officials, department heads and committees that would be necessary for the efficient conduct of the College. Dr. Kramer is ultimately responsible to the Board of Trustees for all actions taken.

Within the Board of Trustees are the Board of Counselors. The trustees are able to choose no fewer than ten and no more than thirty-six people to act as an Advisory Board, which is known as the Board of Counselors. These members serve a four-year term. Membership is by invitation and is voluntary. They are concerned with ways and means of promoting the expansion and development of the college by increasing revenues for current operation, endowments, scholarships and building projects.

In order to serve on the Board of Trustees, one must be nominated. This year, there were four new trustees elected for a three-year term. They are: **William H. Dunn, Jr.**, Senior Vice President of J.E. Dunn Construction Company; **Clarence Goppert**, Chairman of the Board - Goppert Foundation

Avila's New Program: Ultrasound

By LeAnne Alexander, Editor

One new face on the Avila College campus belongs to the Program Director, Maureen Blackhall, for the new Ultrasound program in the Radiologic Science Department. Maureen travelled to Oklahoma University following her completion of high school in order to study ultrasound. She graduated in 1984 with a Bachelor of Science Degree in Radiologic Science and worked in Oklahoma City for a few years. In the following years, she married, and her husband transferred to Kansas City. Maureen settled at St. Joseph Health Center following their relocation.

During the same time period, St. Joseph Health Center and Independence Regional were looking at their problem of paying high prices to advertise for ultrasound employees. They realized that many funds were going into locating qualified stenographers and relocating these persons for the specialized position. The hospitals felt it would be less of a cost, in the long run, to help fund a formal education program in the area. This would allow the students to rotate through the area hospitals and already be acquainted with doctors and staff in K.C. when they completed the program and were ready to begin a position. Therefore, the hospitals approached Avila College with the idea and with moneys to help fund the program. The program was accepted by Avila; classes will begin this upcoming fall semester. Students are being encouraged to apply as soon as possible. Applicants need to have some formal education, but there's a wide range of backgrounds that will qualify for the program. The program can work with approximately six students, but the department assures students that this number can expand with a growth in interest in the years ahead.

Ultrasound is the technology of high frequency sound waves. Radiographer's use high frequency sound to obtain diagnostic medical images. There is no radiation involved which is a very appealing characteristic, but it does contain slight drawbacks. The sound waves do not go through bone structures and, therefore, cannot be used in diagnosis which deal with bone structures. Never-the-less, the technique has advanced in diagnostic areas by leaps and bounds in the last 5 to 10 years. Because of this growth, the need for stenographers has risen. Carole Urbanski, Director of Radiologic Science stressed, "There is a large need for stenographers to fill many positions in Kansas City." Maureen added that she recently read in Advance for Radiologic Technology, a professional journal, "By the year 2000, the need for new technicians will grow by 65%." She went on to explain that competition for positions is high enough that salaries and benefits will be more than adequate for qualified stenographers.

Avila College's ultrasound program will be a twelve-month program. It can be entered in a student's senior year of radiologic science or by qualified persons outside Avila's radiologic science department. When the program is completed, students will be highly qualified. Urbanski explained, "When students complete the program, they will be radiographers. The ultrasound area will be an extra discipline with which students can go on and receive an additional label of certification. When they are out of the program, they can sit for the National Board exams."

Avila College will be one of only four area colleges which offers a formal ultrasound program. It will be one of the few schools which will be able to facilitate more students as the need grows. Everyone involved is very excited. The only concern lies in getting the information to interested prospective students. Another concern is that possible candidates will be held back by concerns of cost and financial aid. Both Urbanski and Blackhall stressed that financial aid is available. Urbanski added, "We are working on scholarships and grants with area hospitals." Maureen concluded, "I'm excited and I'm up for it. Now we just need students."

(The Goppert Foundation has been a long-time contributor to Avila College); **Steven D. Lewerez**, Vice President of Shearson, Lehman, Hutton, Inc.; and **Michael Morrissey**, Managing Partner of Ernst and Young in Kansas City, Missouri. In addition to the new trustees, the Board elected the following officers for the 1989-1990 year:

Chairman	Thomas "Tom" Zarda
Vice Chairman	Mary Jo McCann
Secretary	Sister Marie Georgette Eschbacher, CSJ
Treasurer	Dr. Larry Kramer
Assistant Secretary	Sister Joan Haas, CSJ
Assistant Treasurer	Robert Wormington

The Board of Trustees hold meetings four times per year, usually on the fourth Monday of the month (January, April, July and October). Their next meeting will be held on April 23, 1990.

INSIDE:

Page 2:

Dave Stewart
Channel 9 Sports
visits Avila

"One-eyed-in-the-
middle-of-the-head
child" - An Editorial

Page 3:

Plans to reactivate
Psychology Club

"Something
Ridiculous" - con-
tinued

Creative
Expression

Page 4:

Take an adventure
- - with Outward
Bound

Worlds of Fun
Opening Reviewed

Food Review:
Amarillo Grill,
Just Coates

The Ever-popular
Classified Ads

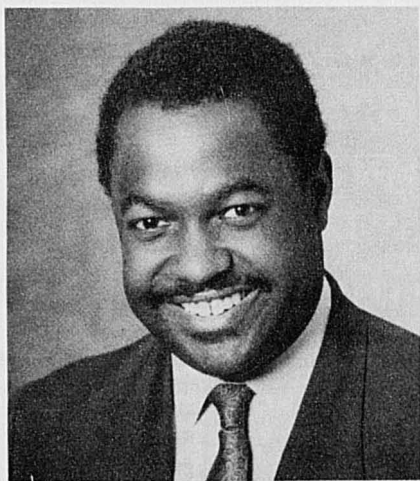
Tiny Tours to Take

By Lucil Hott

Are you bored and tired of the same weekend routine of TV, videotapes, parties, or restless youngsters? Put on your tennies, drop a few coins in your pocket and enjoy a one-day encounter with history, architecture and famous people.

Try a walking tour of the Plaza area. This area was once a Kansas City hog farm and a dumping ground. In 1920, Jesse Clyde Nichols designed the Plaza, this country's first shopping center. A trip to Spain inspired Nichols to use a Spanish motif. The Plaza abounds with statues and fountains purchased by the Nichols family. Children, Indians, mythological figures and pioneers remain forever posed, waiting for you to take their picture. Tiles on the walls of the buildings depict

continued on page 3



Bryan Busby, KMBC TV 9 Meteorologist/Weather Anchor will share his expertise about forecasting/broadcasting the Midwest's ever-changing weather, Wednesday April 11th, from 11:00 a.m. - 12:15 p.m., in O'Reilly Hall, Room 204. All are welcome to attend. Busby's appearance at Avila is part of the Media Guest Speakers series by the Communication Division.

MEET THE CANDIDATES FOR STUDENT SENATE

5 P.M.
TUESDAY
APRIL 17, 1990

ALUMNI LOUNGE
MARIAN CENTRE

*Come Address
Current Issues*

Student Senate Applications are Still Available

By LeAnne Alexander, Editor

Student Senate positions are being filled for 1990 Fall Semester. The deadline for applications has been moved to April 11, the day before Easter break.

The reason for the move comes from a need for more applicants. If you are interest in getting to know Avila College, meeting and working with the faculty and administrators, making decisions for yourself and student peers, YOU should be interested in the Student Senate organization.

Student Senate is not just another student organization. The group is one which is becoming more recognized by the Administrators and Board of Trustees. In the fall semester, senators will be included in areas of administration which have never before included student opinion or involvement. This growth is a large step for students as a whole and for their voice in the politics of the College.

If an organization with goals and knowledge and which truly makes a visible difference is one of which you would like to be a member, pick up your application in the Office of Student Life and return it by April 11, 1990.

EDITORIAL COMMENT: Is It Newsworthy?

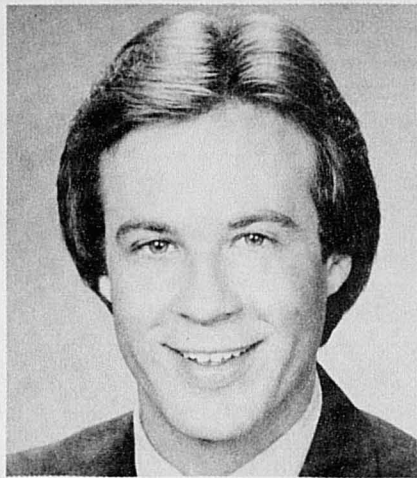
By LeAnne Alexander, Editor

When you pick up a newspaper, what do you expect to find? Are you looking for the events that have apparent effect on your life?

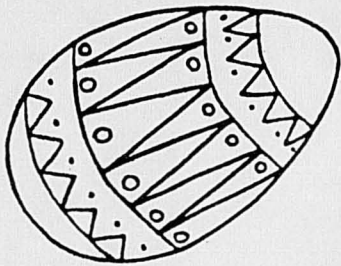
I expect to read the world's happenings. I want to read newsworthy items. I do not want to read about the affairs and indiscretions that a celebrity is having. I do not want to read about the one-eyed-in-the-middle-of-the-head-child to which someone supposedly gave birth. I find it insulting that newspapers such as The Enquirer or The Star could print stories so blatantly misleading. I am appalled to realize that there is a demand for such literature.

Are people's lives so dull that they must find entertainment in scrutinizing people's lives and elaborating the findings with personal observations, colorful adjectives and unfactual insinuations? Do we respect these journals and their writers?

If we answer no yet go out and buy the papers, we are supporting them with our money. We are supporting a disrespectful embarrassment to journalist, and we are wasting our money on articles that we, with some imagination, could write ourselves and never spend a dime. Maybe we should think about what we are purchasing when we impulse buy at our checkout counters and find something more respectable to support.



If sports is your game, you'll be interested in hearing what Dave Stewart, KMBC TV-9 Sports Anchor/Reporter has to say, when he speaks Monday, April 23rd, from 11:00 a.m. - 12:15 p.m., in O'Rielly Hall, Room 204. All are welcome to attend. Stewart's appearance at Avila is part of the Media Guest Speakers series by the Communication Division.



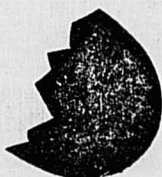
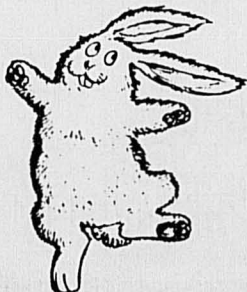
VOTE
It's your
Right!



SENATE
ELECTIONS



April 18
& 19



ATTENTION
Freshmen &
Sophomores

You Don't Have
To Be A Genius

to get financial aid for
higher education.
You just have to be smart
enough to try!

College Scholarship Service
is a unique, new, computerized
service designed to provide 6 to 25
sources of financial aid matched
with the individual needs, interests
and qualifications of virtually any
student.

College Scholarship Service
has researched thousands of
sources of financial assistance,
and fed the results of that research
into its vast data bank.

Complete a College Scholar-
ship Service Dataform, and the
programmed computer provides
you with the sources of aid for
which you are specifically quali-
fied. All you need do, is follow
through. Try.

BE SMART!

For free and complete information,
fill out and mail the coupon below.

Please Send Free Information

Name of Student _____

Address _____

City _____ State _____ Zip _____

Telephone Number (____) _____

School Attending _____

Year in School _____

Please send this coupon to:
College Scholarship Service
P.O. Box 15182
Lenexa, Kansas 66215

Art Students
Work Exhib-
ited

Two Avila College students
had works exhibited at the Four-
teenth Annual Kansas City Re-
gional Council for Higher Educa-
tion (KRCHE) Undergraduate
Art Show. Scott Irwig and Tho-
mas Mitchell were among 70 art
students to have works exhib-
ited.

Students from the fine arts
departments of 10 KRCHE
schools had artwork exhibited at
the show, which ran from March
9-18, 1990 at the Leedy-Voulkos
Alternative Space, 2016 Balti-
more. Tilly Woodward, an artist
of national reputation, was the
juror for this year's show. She se-
lected for exhibition 86 of the 328
works submitted.

Over 200 students, faculty
and friends attended a special
opening reception and preview
on March 9, 1990.

KRCHE is a regional con-
sortium of 20 area colleges and
universities.

Examiner Staff

Editor LeAnne Alexander
Assistant Editor Sydney Whitlock
Reporters As credited
Columnists Fr. Mike Zahorchak, Sr. Ruth Stuckel,
Shelly Hayes, Bill Beaver
Co-Advisors Beth Maren
Larry White

The Avila Examiner is published bi-monthly during the academic
year by Avila College for students, faculty, administration and staff.
This publication is made possible through funding from Student
Activities Fees.

Writers, photographers, and editors are needed to fill staff vacan-
cies. Interested students, with or without newspaper experience, are
encouraged to become involved in the publication of this student
newspaper.

Opinions expressed in the Avila Examiner do not necessarily rep-
resent the official position of Avila College but rather that of the Edi-
torial Staff of the Examiner.

The Avila Examiner reserves the right to edit and print all materi-
als received for publication.

For more information, contact Beth Maren, Director of Residence
Life, Marian Centre, Avila College, 11901 Wornall Road, Kansas City,
MO 64145.

PRESENCE

Dear Member of the Avila Community,

Friendship is one of the most beautiful experiences of life. Amazing as it may seem, Jesus wants to be your friend. If you wish to become friends with Jesus, then it is important to become aware of the many ways Jesus communicates with you. These ways are best summarized in the word PRESENCE. Each letter represents one way Jesus speaks.

P - stands for Prayer. Prayer is being in the presence of one you love; it is conversation with Jesus. To listen in prayer, it is necessary to quiet yourself, stop talking, and be attentive to your feelings, ideas, and inspirations. Jesus may be using these to speak to your heart.

R - stands for Relationships. Jesus often speaks to you through other people. What are your peers, parents, and professional friends saying to you? Are their words life-giving? Have you ears to hear below the surface? Jesus may be using their words to speak to your heart.

E - stands for Events. Events are many. By being attentive to the events of your life and by noticing their patterns, you may hear Jesus' call or challenge. In accepting the call or taking the challenge, you find the meaning to life.

S - stands for Scripture. Scripture is God's love letter to you. However, since it was written in a different age and culture, it is sometimes unclear what God is saying. The best place to hear about Jesus and to hear Jesus message is in the Gospels, the Good News according to Matthew, Mark, Luke and John.

E - stands for Eucharist. Eucharist means thanksgiving. In celebrating Eucharist, God is thanked for the gift of Jesus under the appearance of bread and wine. During the precious moments of Holy Communion, heart speaks to heart.

N - stands for Nature. If you have ever experienced a beautiful sunset or held a new-born babe, then you have been in God's presence. All creation proclaims the glory of God, and awesome wonder on your part indicates that you have heard God's message.

C - stands for Community. Community may be your family, your teammates or your Church members. In community you learn to love one another as Jesus has loved you. In community, you learn how to be a brother or sister to others. Jesus has said: "Where two or three are gathered in my name, I am in their midst". (Mt. 18:19)

E - stands for Episcopate. The Episcopate refers to the leaders of the Church. God speaks to you through the men and women who serve the Church. Have you heard Jesus speak in this way recently?

As you can see, Jesus speaks often and in varied ways. If you wish to become friends with Jesus or to deepen your friendship, then practice your listening. Friendship with Jesus is one of the most meaningful and life-giving relationships you could ever wish to have. If you are an old friend or close friend of Jesus, perhaps you feel called to share what it has meant in your life. I invite your response for the next issue.

Lovingly,
Ruth Stuckel, C.S.J.

CREATIVE EXPRESSION: Silent Prayer

By Bill Beaver

She watched, silent: I wish he'd ask *me* to dance.

Sunday by Sunday new partners appeared - -

She watched, silent: When's *my* chance?

Round and round he danced, caressing the floor

With stylish whirls, twirling the girls - -

She watched, silent: I better *close* the door.

Still his charm whipped her heart
And dazzled her head in cyclonic captivity - -

She watched, silent: Just a dance to start?

Months across time and that cell in her mind

Continued to ponder and wish and wait - -

She watched, silent: /should be in his arms entwined.

She prayed for intervention by fate
To make her sizzling dreams unfurl - -

She watched, silent: Why must /be the only girl to wait?

She accepted the slim possibilities of chance

But smiled at his approach nevertheless - -

She watched, silent: With *me* you want to dance?

"I'd love to, yes."

Now Sunday by Sunday caressing the floor,

With a stylish whirl, he twirls the girl,

Dazzles her head and makes her sizzling dreams unfurl.

No longer her silent partner.

PROFESSOR OF THE YEAR
(full or part-time)

VOTE FOR YOUR FAVORITE DURING SENATE ELECTIONS

WEDNESDAY & THURSDAY

APRIL 18 & 19

Tiny Tours...

continued

Spanish bullfights and other scenes. Notice the designs in the iron grill work of the courtyards. Horses and carriages mix with cars and pedestrians and the unique shops offer everything from toys to tote bags. Write or call the Plaza Merchants Association for a brochure describing the area.

Two blocks east of the Plaza is Volker Park, named for William Volker, a local philanthropist. A memorial statue, "St. Martin of Tours", depicts one of France's patron saints splitting his coat to share with a beggar. Look carefully at the angel resting by the small pool. It is wearing a wrist-watch. The sculptor, Carl Milles, added this touch of humor, but only confided in a few people his plan to include a "watch-ing angel."

At the north end of Volker Park is the Nelson-Atkins Museum of Art. William Rockhill Nelson, who co-founded the Star newspaper, built an impressive mansion on this site. After the house was demolished, the Nelson Gallery was erected. Each Sunday afternoon, the Gallery offers free admission. On the lawn between the Gallery and Volker Fountain are Henry Moore sculptures. Each creation rests in its own specially landscaped setting. The Gallery is located at 4525 Oak Street.

A few blocks to the south of the Plaza is Loose Park, located at 51st and Wornall. There are paths to walk, roses to smell, ducks to be fed or joggers and their dogs to watch. This park was the scene of Civil War battles in October 1864. Surrounding the park are elegant homes with carriage houses, stately trees and colorful gardens.

At 61st Terrace and Wornall, you will find the John Wornall House. It was used as a hospital during the Civil War battles. A small admission fee is charged for a tour of the home.

The Kansas City Trolley Corporation operates five red trolleys on a route which takes you from the Plaza, through Westport, the Crown Center area and the Downtown areas. A guide points out significant places of interest. Exact fare is required or tickets can be purchased in advance from hotels along the route. Two passes are included which allow you to get on and off the trolley to do some further exploring.

Just north of the Plaza, John Calvin McCoy developed the town of Westport in 1833. It was a thriving town that supplied pioneers with the necessities to continue settling the West. Some of the original buildings remain intact. This area is popular for shopping, art galleries and dining, in addition to historic sites and statues.

At 28th Terrace and Warwick Boulevard, near Crown Center, is Union Cemetery. History buffs will enjoy exploring the resting places of 55,000 citizens. Soldiers, explorers, pioneers, artists and prominent developers of Kansas City lie here.

Non one could pass up the

Something Ridiculous

Part 3

By Kenneth Jackson

The mower bogged, choked, coughed, sputtered and died numerous times, but I finally managed to mow a fourteen-inch path past the elm and over to the bird feeder. The squirrels leaped to the ground, ran to the tree, exchanged numerous silly squirrel greetings and disappeared into the trees. It reminded me a lot of my neighbor.

I made my way to the back of the yard where unfortunately another neighbor, Old McRanky, was close at hand, along with his mutation mongrel which he called Dog. Dog had three legs and barked all the time, while it looked gross, ugly and nasty. McRanky and Dog looked related.

McRanky said something like, it was about time I mowed the lawn and started living a respectful life like he did. I thought that was debatable. He said, "You ought to have some pride." I said I'd put it on my grocery list.

The dog was barking up a storm so I started the mower, turned it slightly and plastered ol' three legs with grass. McRanky shook his fist and yelled, "That's not funny," but Bob, Ralph and I enjoyed it and Dog didn't seem to have any further comments.

I mowed the outside edges of the lawn spraying huge balls of grass up against the fence. As I mowed the tenth or eleventh row, the mower choked out in front of a beautiful thing stretched majestically towards heaven, sprouting a big fluffy ball on top.

Bob walked up, handed me a beer and stated that was the biggest damn dandelion he had ever seen in his life.

Ralph said he knew that in some parts of the world they grew rather tall, but this had to be some sort of grand champion.

They started discussing whether or not to call the news station. I ended the conversation with two or three whacks of my

chance to visit Crown Center at 25th and Main. Inside the hotel is a five-story waterfall flowing down a limestone hillside. The hillside was integrated into the building design. Surrounding the waterfall are walkways and flowers. Other pathways lead to shops, theatres and food. The Hallmark Visitors Center, located in the Crown Center complex, has exhibits which focus on the history of greeting cards. KALEIDOSCOPE is especially designed for children. For information on the Visitors Center call (816) 274-3613. KALEIDOSCOPE's phone number is (816) 274-8300.

Kansas City's business district contains combination of old and new architecture. You will find a mixture of modern, art deco and

PACKAGE HANDLERS
WANTED for

SUMMER EMPLOYMENT & YEAR-ROUND

Roadway Package Systems, a small package delivery service hires college students to load and unload package vans and semi-trailers. If you are at least 18 years old and want to work 4 to 5 hours per day, Monday thru Friday we can offer you \$7.00 per hour plus \$1.00 per hour tuition assistance after 30 days.

Excellent Opportunity For Promotion While A Student And After Graduation

Call 321-1705

or apply in person at 333 North James Street, Kansas City, Kansas 66118

Tuesday - Thursday
between 10 a.m. - 3 p.m.

machete. The dandelion fell with a whump to the ground. While most of the seeds drifted into McRanky's lawn. We enjoyed this too.

Bob suggested that I give up for the day since I'd never finish before sun down. I agreed and retired the ancient mower, belching and coughing smoke like some dragon.

Bob invited me over for a BBQ dinner, since I hadn't eaten lunch and already eaten my groceries for breakfast. I agreed. Ralph was invited and asked if he could bring his girlfriend? Bob said ya, and dinner was at seven.

When I met Ralph's girlfriend the question of why he liked spiders all seemed to fall into place.

Dinner was good, especially since I enjoy burned steak, dried corn, under potato salad, stale pie, and flat beer. The conversation was about the same. I excused myself, stating that I had to get an early start in the morning. Actually I couldn't stand all the excitement.

To be continued

Victorian designs. Building decor includes carved medallions, life-size terra cotta figures, carved designs above windows, the seals of five New England states and gargoyles. A 23-carat goldleaf dome tops the Cathedral of the Immaculate Conception. The best time to visit downtown is on Sunday when there is little traffic, plenty of parking spaces and a change to tip your head back to look up at hidden treasures. Contact the Historic Kansas City Foundation at (816) 471-3391 for information on walking tours of downtown.

Now that your appetite for adventure is whetted, the time has come to discover more. Open up the Yellow Pages of your phone book. Beginning on Page 4 is a listing of attractions in the local area, along with addresses and phone numbers. The Kansas City Star contains current entertainment events such as concerts, quilt displays, festivals. Contact the Kansas City Chamber of Commerce at (816) 221-2424 or the Convention and Visitors Bureau at (816) 221-5242 and request information on things to do in Kansas City. Local television and radio stations announce regional events. Drop by a drug store or variety store and browse through the picture postcards. Buy a few and keep them for future ideas of places to visit. Libraries have resource materials which can aid in planning inexpensive trips throughout the Kansas City area.

A few coins in a pocket and a pair of tennies can provide anyone an opportunity to become an explorer, to gain knowledge and to acquire memories.

ATTENTION ALL PSYCHOLOGY MAJORS Initial Meeting Avila College PSYCHOLOGY CLUB

**TUESDAY, APRIL 17
2:15 P.M.
ROOM 710**

All students interested in learning about the new Psychology Club should attend.

We will present plans to reactivate the college chapter of PSI CHI, the national honor society in Psychology, and for the presentation of an award for Outstanding Psychology Graduate at Spring commencement.

Fast Food Escape: Food Review

By Lisa Levine and Tasha Kovich

Welcome to the wonderful world of food! Today's guest is Just Coates Bar and Restaurant, which specializes in sandwiches, chicken and chicken fried steak. This restaurant has a laid-back, bar like atmosphere. It will appeal to people of all ages.

The menu consists of many types of sandwiches, and light and dark chicken. The chicken fried steak looks unappetizing but is probably the best in Kansas City. The dinner menu comes with salad, potato, gravy and rolls. Prices range from three to ten dollars. Overall we give this restaurant a "B" grade.

The next time you feel the need for good down home cooking stop in Just Coates, located at 9922 Holmes. Hours: Monday-Thursday 11 a.m.-9 p.m. (Dinner: 5 p.m.-9 p.m.); Friday and Saturday 11 a.m.-11 p.m.; Sunday 1 p.m.-8 p.m.

Restaurant Review: Amarillo Grill

By Shelly Hayes

Occasionally, in our quest to surprise our palates with new and exciting cuisine, we forget about restaurants that have been around for awhile, but are faithfully serving up the same wonderful dishes that made them briefly famous in the Kansas City world of cuisine. Such a place is The Amarillo Grill located at 6800 West 95th Street (just across from Metcalf South Shopping Mall). The Amarillo Grill served something for every taste with the distinct difference of being cooked over mesquite wood. The atmosphere is decidedly western, consequently appropriate dress is casual dressy. Steaks, chicken, shrimp prepared in a variety of styles from Mexican Fajitas to Grilled Cajun Chicken Breast Louisiana all have the distinct aroma and taste of mesquite wood. Diners are encouraged to peer through the Kitchen window to watch the steaks being grilled and witness the technique of using mesquite to add flavor. Price are moderate, with burgers starting at \$3.95 and steak dinners going from \$8.95 for an 8 oz. Top Sirloins to the 1 3/4 lb. Porterhouse at \$17.95, (definitely not for the timid, as the menu challenges). The

More and More Students Escape the Routine by Taking Adventure Vacations and Learning New Skills

While most students see relaxation as the cure to the grueling stresses of daily course work and exams, many student shave discovered that an even more effective antidote is the exhilaration of adventure -- the further off campus, the better.

There is an increasing number of students who inch up sheer rock faces, venture down swirling rivers, and explore deep canyons, hidden springs and archeological treasures.

"Many more young adults are now seeking experiences that are keyed to adventure with physical challenge and offer opportunity to learn new skills," says John Reynolds, president of Outward Bound.

For many students it's often the need for self-awareness that attracts them to adventure. Adventure proves to be even more of a lure for those with a love for the outdoors and a yearning to live life at the edge. Many modern adventurers have a special attachment to nature, perhaps generated by a summer camp they loved, or a parent who enjoyed the wilderness and took them along. For many who are planning to enter highly competitive professions, a need to excel, to accomplish certain goals spills over into recreation. Interest in the wilderness also sparks a desire to see untouched areas before they are forever lost.

Thirty years ago only a small corps of elite travellers could adventure for pleasure. Now remote areas are accessible to more people. Higher participation lowers cost.

"An exciting range of self-knowledge and emotion seems common to all adventure," explains Mr. Reynolds. "Being in control, taking calculated risks, testing oneself against a personal best are the hallmarks of the ideal adventure experience. To do so with others who strive along with one seems to enhance the pleasure," he emphasizes.

Outward Bound, a nonprofit organization specializing in outdoor education, offer more than 600 courses that combine challenges and education in wilderness environments to provide and adventure experience.

median price is around \$7.95 and well worth it. If you have forgotten about The Amarillo Grill, you have been reminded. Don't make me remind you again now, ya'hear?

Participants learn river rafting, rock climbing, sailing and mountaineering skills while they develop leadership skills, self-confidence and compassion for others.

Courses are available year-round, lasting from four days to four months. Participants choose from locations in twenty-two different states including Oregon, Texas, Maine, Colorado, North Carolina and Montana. International experiences, including to Kilimanjaro and Nepal, combine learning teamwork, leadership and technical skills with challenges of climbing and cultural interaction and exploration.

Outward Bound schools in the United States -- Hurricane Island in Maine, North Carolina, Voyageur in Minnesota, Colorado, Pacific Crest in Oregon and the New York City Outward Bound Center -- are part of a worldwide network consisting of forty-seven schools and centers on five continents.

Outward Bound began with the goal of increasing teamwork, self-confidence and resiliency among British sailors. All of these elements remain part of Outward Bound's philosophy. When ships left the safety of the harbor for the open sea, they said they were "outward bound."

Today, Outward Bound courses focus on this idea. Using challenges found in the wilderness, students are presented with a series of increasingly difficult physical and mental problems. By confronting tasks that seem impossible students are forced to call on individual strengths and perseverance.

More than twelve hundred safety-minded and experienced instructors demonstrate and assist students, and then stand back and encourage learning by doing. This hands-on experience is designed to challenge a person physically, mentally and emotionally. Outward Bound presents students with the evidence that they can succeed far beyond their expectations, and the Outward Bound curriculum continues to help people discover the true extent of their personal resources long after the trip is over.

For more information, students are invited to write to Outward Bound USA, 384 Field Point Road, Greenwich, Connecticut 06830 or call toll-free (800) 243-8520 (outside of Connecticut) or 203-661-0797. A 30-page catalogue give detailed descriptions, dates and costs for all courses given at each school.

Outward Bound is a non-profit, tax-exempt education organization.

Applications now available in the Financial Aid Office:

SCHOLARSHIP SPONSORS AWARD 1990-91

For years, a group of generous Avila alumna have contributed funds to provide scholarships for Avila students. Applications from students who meet the criteria outlined below are reviewed by a group of the scholarship sponsors. The sponsors select students whom they would like to interview and decide upon awards. Although award ranges and number of recipients vary from year to year, past awards have ranged from \$500 to \$2,000 per recipient. Awards are renewable with reapplication.

To be considered for a Scholarship Sponsors Award, you must:

- be currently enrolled at Avila
- not be receiving an Avila President's Scholarship
- have completed at least 24 credit hours at Avila by the end of last semester (as of December 17, 1989)
- have at least a 3.30 cumulative grade point average. (We will consider either your G.P.A. from all college work completed or your Avila-only G.P.A., whichever meets the criteria.)
- have no failing ("F") final grades.

In addition to these, you must enroll in at least 15 credit hours each semester you receive the award.

If you meet the criteria and would like to be considered for a Scholarship Sponsors Award for 1990-91, pick up an application in the Financial Aid Office, Lower Blasco Hall.

APPLICATION DEADLINE: WEDNESDAY,
APRIL 11, 1990

ACSG
Presents...
A PICNIC
WITHOUT
WASTE
Including
A Speaker
On Earth
Week

Tuesday,
April 24
...
Lunchtime
on the
Quad

Health Services Provides Students TLC

By Shirley Anne Keller

Does the flu or a cold have you feeling miserable, or are you stressed out and need to talk? Avila College's Health Services can help. Health Services is here "to help students be healthy and remain healthy so they can attend class and be a part of campus life," said Carol Frevert, R.N., Director of Child and Health Services. The office was set up for evaluating and treating minor illness and injury, giving basic first aid, health education, and health programming.

Health Services is open to all Avila students. "It's wonderful for residence students because they can get here from the dorms without going outside," said Frevert. The convenience of having a health services on campus can save students money. Non-prescriptive medicines, medical supplies, TB skin tests, tetanus boosters, and some immunizations are available to students at no cost.

Health Services is the student's resource to assess whether your problems needs a doctor's attention. Frevert spends a lot of time with students in one-on-one health counseling and keeps a current referral list of physicians, dentists, and other health related services to make appropriate referrals.

An important part of being healthy is prevention and Health Services can teach you about self-care, wellness, and lifestyle such as nutrition and exercise. "One of the neatest things I can experience is when freshmen come for simple things such as a cut and by the time they're seniors they have learned about health issues and are able to make decisions regarding their health," said Frevert. Her office sponsors programs such as the Human Sexuality Series held in November.

So the next time you need an aspirin for your headache or a bandaid for your cut, stop by the Health Services office located in the lower level of Carondelet Hall. Their telephone number is 942-8400, Ext. 268.



CLASSIFIED ADS

Attention: Hiring! Cruise ship, casino, hotel jobs! Free travel benefits! Details: 1-602-838-8885 Ext. Y-1854D.

Attention: Government Seized Vehicles from \$100. Ford, Mercedes, Corvettes, Chevys. Surplus Buyers Guide: 1-602-838-8885 Ext. A-18540.

Resume Service Get Results!

Create New Resume
Update Old Resume
Make powerful impact on employers! Ashner Communications 599-0306

Attention: Earn Money Typing at Home! \$32,000/year income potential. Details: 1-602-838-8885 Ext. T-18540.

Attention: Earn Money Watching TV! \$32,000/year income potential. Details: 1-602-838-8885 Ext. TV-18540.

Attention: Easy Work! Excellent Pay! Assemble products at home. Details: 1-602-838-8885 Ext. W-18540.

Word Processing - Academic papers, theses, resumes, correspondence, manuscripts. Spelling/punctuation corrected at no cost. 20 years experience. Your satisfaction guaranteed. Westport area. Sherry Sullivan, 531-8573.

Attention: Hiring! Government jobs - your area. \$17, 840-\$69, 485. Call 1-602-838-8885, Ext. 18540.

Attention: Earn Money Reading Books! \$32,000/year income potential. Details - 1-602-838-8885, Ext. BK 18540.

Thank-you, Julio!
You're a true phone master.
- X222

Congrats Amy! I'll miss you.
- Kate

Tina
We missed you last weekend!
- S & C

Got any pennies I can borrow Marya?
- Barb

Donna
I'll split a banana split with ya!
- Thuette